Regular Child Health Clinics are available to parents of children from birth to 5 years old. The health visiting team are available at these clinics to discuss any aspect of a child or family’s health and wellbeing. This includes sleep, behaviour, toilet training, feeding, healthy weights, minor illness and more.

**East Neighbourhood**
Child Health Clinic Sessions:

- Monday: 09.30 a.m. - 10.30 a.m. - Longridge Community Hospital
- Wednesday: 09.00 a.m. - 11.00 a.m. - Ribbleton Children’s Centre
- Thursday: 09.00 a.m. - 10.30 a.m. - Preston East Children's Centre
- Thursday: 1.00 p.m. - 3.00 p.m. - Longridge Community Hospital

*NO APPOINTMENT NEEDED*

**Central Neighbourhood**
Child Health Clinic Sessions:

- Monday: 10.00 a.m. - 12.00 p.m. - Avenham Health Centre
- Monday: 2.00 p.m. - 4.00 p.m. - Geoffrey Street Health Centre
- Wednesday: 2.00 p.m. - 4.00 p.m. - Issa Medical Centre
- Thursday: 1.00 p.m. - 3.00 p.m. - Riverbank Children’s Centre

*NO APPOINTMENT NEEDED*

**West Neighbourhood**
Child Health Clinic Sessions:

- Tuesday: 09.00 a.m. - 10.30 a.m. - Cherry Trees Children’s Centre
- Wednesday: 2.00 p.m. - 4.00 p.m. - Ingol Health Centre
- Thursday: 1.30 p.m. - 3.30 p.m. - Fulwood Clinic
- Friday: 09.30 a.m. - 11.30 a.m. - Cottam Lane Surgery

*NO APPOINTMENT NEEDED*